



JULY 2004 MCCS/USNH Health & Wellness Corner

Health & Wellness Classes

- **2nd Annual Firecracker Run:** July 3! 2.5K for Kids @ 8:30 p.m., 5K @ 9 p.m., race starts & finishes at Lester Gym. Registration fee is \$10, includes T-shirt. Register @ Lester Gym. Call 645-2620 for more information.
- **BALANCE:** Weight Management Support Group, meetings held **every Wednesday, 1700**, Conference Room B, USNH. Come out and find the support & motivation you need to achieve your weight loss & fitness goals. Call 645-3910/2620 for more information.
- **Tobacco Cessation:** 5-week class, starts **July 13, 1700**, USNH Galley. Nicotine replacement & Zyban available. Call 645-2620 to register.
- **Lose Weight the Easy Way:** Class meets **July 15 & 22 at 1500**, Conf Room C, USNH. Learn how to eat and exercise to lose weight successfully. Call 645-2620 to register.
- **Healthy Heart Class:** Class meets on **July 20 at 1500**, Conf Room C, USNH. Learn how to lower your blood pressure and cholesterol. Call 645-2620 to register.

Health Promotion Observances

- **July is...National Baked Bean Month:** Research shows that eating beans can help control weight, reduce risk of heart disease, cancer and diabetes. Beans are an extremely beneficial component in all diets because they are high in complex carbohydrates, protein and dietary fiber, low in fat, calories and sodium, and completely cholesterol-free. As little as ½ cup of beans added to the daily diet can be very helpful in reaching important nutrition goals. For more nutritional information & great recipes, visit www.americanbean.org.
- **Dog Days of Summer:** The hot, humid Okinawa weather is here to stay. Anybody curious about the origins of the so-called “Dog Days of Summer?” According to the Columbia Encyclopedia, DOG DAYS are the name for the sultriest period of summer, from about July 3 to August 11. Named in early times by observers in countries bordering the Mediterranean, the period was reckoned as extending from 20 days before to 20 days after the conjunction of Sirius (the Dog Star) and the sun. In the latitude of the Mediterranean region this period coincided with hot days that were plagued with disease and discomfort. The time of conjunction varies with difference in latitude, and because of the precession of the equinoxes it changes gradually over long periods in all latitudes. Now you know...



Summer Safety Tips

- The biggest mistake people make is wearing flimsy sandals while walking on the beach or boardwalk. To prevent foot injury, such as strained heels and arches, always wear good walking shoes. *Bruce Lebowitz, D.P.M. Podiatry, John Hopkins Bayview Medical Center*
- Many people come back from an action-packed vacation needing another one to recover from it. Do not let your vacation become another source of stress in your life. If your intention is to rest and relax, do not plan too many activities for yourself. *David Neubauer, M.D. Psychiatry, John Hopkins Bayview Medical Center*

MCCS Health Promotion: 645-3910

USNH Health & Wellness: 645-2620